

Pumpkin Butternut Squash Soup

INGREDIENTS

- 2TBS ghee
- 2 Fuji apples, chopped
- 1C butternut squash, chopped
- 4 carrots, chopped
- 1 can pumpkin
- 4C bone broth
- 1C water
- 1C mango, diced (fresh or frozen)
- 1/2tsp sea salt
- 1/4tsp cinnamon
- 1/2 tsp turmeric
- 1TBS ginger, chopped

1. Melt ghee or grass-fed butter in bottom of large pot over stove.
2. Add apples, butternut squash and carrots and saute for a couple minutes until veggies begin to sweat.
3. Add seasonings (salt, cinnamon turmeric, ginger) and stir until well coated.
4. Add mango, pumpkin, broth, and water. Stir then bring to a boil and reduce to simmer for about 15-20 minutes until veggies are soft.
5. Using an immersion blender, blend all ingredients in pot until smooth.
6. Serve hot or cold and enjoy!